



Academic Catalog

**Ascend Massage Academy
Incorporated.**

March 2025

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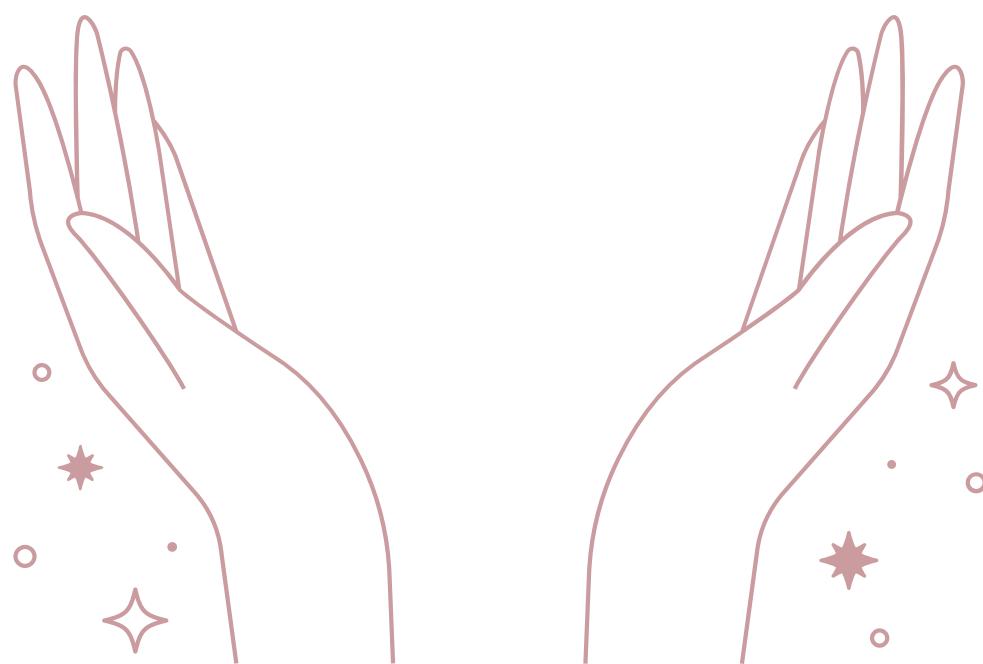
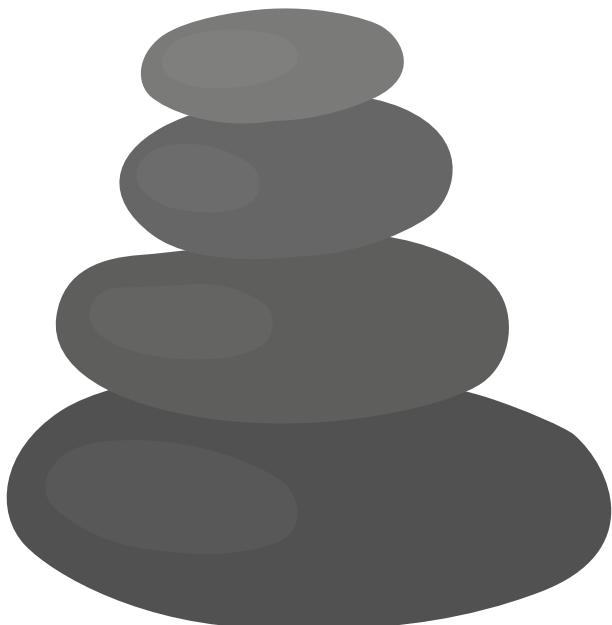


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The Academy

Our Mission

Ascend was designed with you in mind, offering a flexible and supportive environment that understands the complexities of modern life. With its tailored academic structure, positive atmosphere, and commitment to excellence, Ascend empowers students to succeed in their educational and personal endeavors. By fostering connections, promoting holistic development, and providing innovative learning experiences, Ascend is committed to being a guiding light on your path to success.

Founded in 2022, this story, like many others, emerged from the boredom of the Covid pandemic lockdown. It was during this time that the local SBDC "Ascend Small Business Bootcamp" ignited the inspiration for Ascend Massage Academy!



Becky Bones, the academy's exclusive "Hands on Anatomy" teacher's assistant.



Location & Facility

We are located one mile above sea level in the beautiful Butte, Montana. With the mountainous views and welcoming community, it is a prime destination to travel, stay, or commute! Ascend is in a high traffic area in the blossoming south side of the city. Our facility is approximately 1500 square feet of space with one bathroom and ample parking. The academy is equipped with on-site laundry services, refrigerator, microwave, and open-faced lockers for personal supply storage.



DenisTangneyJr/Getty Images
Downtown Butte, with its view of the Rocky Mountains

Proud Member of the AMTA

Ascend has been a member of the American Massage Therapy Association since its opening in 2022. Find more information about the American Massage Therapy Association on page 32.



amta
american **massage therapy** association®

Licensing Requirements

To be licensed as a massage therapist in Montana, you must follow these guidelines. I have underlined the minimum mandatory requirements:

- Be 18 years or older
- Be of good moral character
- Have a high school diploma or equivalent
- Complete a minimum of 500 hours of in-class supervised instruction from an approved massage therapy school or program
- Pass MBLEx
- Submit a completed massage therapist application form with appropriate fee(s)
- Undergo a background check and fingerprinting
- Provide letters of reference
- Complete CPR/first aid/AED training
- Have massage liability insurance prior to licensing

Our Program

Ascend offers a 625-hour massage therapy program from September to June, with May reserved for make-up time. No prior education is required to start the program. The curriculum covers all necessary knowledge to become a massage therapist. Participants must meet state requirements for a professional license, which include being over 18 years old, having no felony convictions, and possessing good moral character.

First semester. classes are Monday-Wednesday 9-5 with a one hour lunch break. **Second semester**, starting at our *Student Massage Clinic*, we begin our “swing shifts” on Monday and Tuesday only. Students are given a *Clinic Calendar* directing them when to come in that week.

Academic Calendar

Every year, our program aligns with the Butte School District #1 schedule, running from the Monday after Labor Day to the Monday before Memorial Day. We have three breaks: Fall Break, Winter Break, and Spring Break. Our commitment to accessibility is reflected in this approach.

During Fall Break, students can recharge and prepare for the upcoming academic challenges. Winter Break allows families to spend quality time together during the holiday season, fostering a sense of community and well-being. Spring Break provides a much-needed respite as the school year approaches its final stretch.

Additionally, we offer various extracurricular activities and support services to enhance student engagement and success. These include tutoring programs, recreational sports, and arts and cultural events. Our goal is to create a balanced and supportive environment that caters to the diverse needs of our students and their families. By aligning our schedule with the Butte School District, we ensure consistency and convenience for everyone involved, making education accessible and enjoyable.

Course Descriptions & Hourly Breakdown

COURSE	INSTRUCTOR(S)	HOURS
MODERN MASSAGE PRACTICE	LEPROWSE	32
MFR & NMT	LEPROWSE	12
SPORTS	COATES	15
HOLISTIC INTEGRATION	DONEY-BOYLE/BLECK	8
PRENATAL	LOWNEY	8
HYDROTHERAPY	HADLEY	8
NUTRITION	GARRISON	12

STRETCH & MOBILITY	COATES	4
DOCUMENTATION & ASSESSMENT	LEPROWSE/GROTE	8
PATHOLOGY	LEPROWSE	40
INTEGRATIVE PRACTICE	TRAFFORD	8
BUSINESS PRINCIPLES	LEPROWSE	8
THERAPIST-CARE	LEPROWSE	40
MBLEX PREP	LEPROWSE	8
ANATOMY & PHYSIOLOGY	LEPROWSE	125
HANDS ON ANATOMY	LEPROWSE	125
KINESIOLOGY	COATES	50

ETHICS	LEPROWSE	12
STUDENT MASSAGE CLINIC	LEPROWSE/COATES/TRAFFORD/HADLEY	100
TRAVELING CHAIR MASSAGE	LEPROWSE	12
TOTAL:		625

Instructor to Student Ratio:
 Lecture 1:8
 Hands On: 1:8
 (Unless a TA is necessary as a demo body).

A clinic hour is fifty minutes of instruction with a ten minute break.

Modern Massage Practice

This course serves as an introduction to bodywork, beginning with traditional Swedish massage. We will explore the history of massage along with its holistic Eastern philosophies. The textbook for this class is a comprehensive guide covering various massage techniques and relevant information.

- *Science theory classes is pre-requisite*
- Book: Modern Massage
- Instructor: LeProwse

Myofascial Release (MFR)

Our myofascial release class is inspired by the teachings of John Barnes and focuses on what we call "dry work" in the treatment room.

- Science theory classes is pre-requisite
- Recommended reading: Myofascial Release by John Barnes
- Instructor: LeProwse

Neuromuscular Triggering (NMT)

This course focuses on Ascend's interpretation of "deep tissue work." Here, we will explore the protocol for trigger point therapy and examine common pain patterns.

- Science theory classes is pre-requisite
- Book: Guide to Trigger Points
- Instructor: LeProwse

Sports Massage

Sports massage focuses on how to assist athletes while they are fully clothed, particularly in relation to common injuries and pathologies.

- Science theory classes is pre-requisite
- Book: Sports Massage
- Instructor: Coates

Holistic Integration

This course consists of two distinct experiences, each offering a unique viewpoint. The first session, led by Lou Rae Bleck, explores Eastern Practices in depth. The second session, facilitated by Kim Doney Boyle, focuses on Native American practices. Both classes are designed for therapists, providing them with grounding techniques and methods to safeguard their own energy.

- No prerequisites
- No book
- Instructors: Bleck & Boyle

Prenatal Massage

Our prenatal class is led by the exceptional Amy Lowney, who specializes in working with mothers and infants during the pre- and post-natal stages. She introduces her maternity bolsters and guides students on how to achieve a comfortable side-lying position even without them. Amy addresses and dispels any concerns regarding working with pregnant women, allowing students to observe her techniques as she demonstrates on a pregnant client.

- Science theory classes is prerequisite
- No textbook needed
- Instructor: Lowney

Hydrotherapy

Our hydrotherapy class takes place at Fairmont Hot Springs and Resort, located approximately 20 minutes west of Butte. In this class, students will discover how to utilize hot and cold stones, along with hot towels, while exploring the benefits of a relaxing hot soak. This enjoyable field trip is typically scheduled during the first week of student clinic to encourage therapist self-care.

- No prerequisites
- No book
- Instructor: Hadley

Therapist Care

This class is an integral part of the entire program. It provides dedicated time for students to engage in body work trades. In the first semester, this includes daily yoga sessions after lunch. In the second semester, yoga takes place only on Wednesdays after lunch, but students are encouraged to apply the yoga techniques they've learned during massage clinic days.

- No prerequisites
- No textbook required
- Instructors: LeProwse & Coates

Nutrition

Our nutrition course is a six-week program specifically designed for therapists, focusing on the connection between the brain and the body! This course emphasizes the significance of nutrition and the necessity of caring for both your body and mind. As we understand, our body is our instrument, and it requires proper maintenance.

- No prerequisites required
- No textbook needed
- Instructor: Garrison

Stretch & Mobility

This course is designed with a dual focus on both clients and therapists. Our kinesiology instructor teaches students the art of stretching, applicable to both their clients and themselves!

- No prerequisites required
- No textbook needed
- Instructor: Coates

Integrative Practice

This class has been thoughtfully designed by our most experienced massage therapist, Christine. She engages with students to explore the future direction of their practice, drawing on her extensive industry experiences to assist them in discovering their niche. Additionally, Christine, a skilled craniosacral therapist, incorporates this technique into the course.

- No prerequisites required
- No textbook needed
- Instructor: Trafford

Business Principles

Our business class is dedicated to assisting students in identifying the business entity that aligns best with their lifestyle. Whether they intend to be employees or entrepreneurs, we explore all options together. We provide useful links and support networking opportunities. The materials used are tailored specifically for massage therapists.

- No prerequisites
- Textbook: Business Mastery
- Instructor: LeProwse

MBLEx Prep.

MBLEx Preparation Involves a Detailed Study Guide and Support. Students preparing for the MBLEx must complete an extensive study guide. Our director guides them through the state application process in a step-by-step manner. They can fill out the application during class and submit it along with their payment.

- No prerequisites required
- Textbook: FSMTB MBLEx Prep Study Guide Workbook
- Instructor: LeProwse

Documentation & Assessment

This course is taught by two instructors. The documentation segment emphasizes SOAP charting, client intake, and feedback forms, while the assessment part focuses on orthopedic evaluations, body language, and the pre-appointment interview!

- Science theory classes is pre-requisite
- No textbook needed
- Instructors: LeProwse & Grote

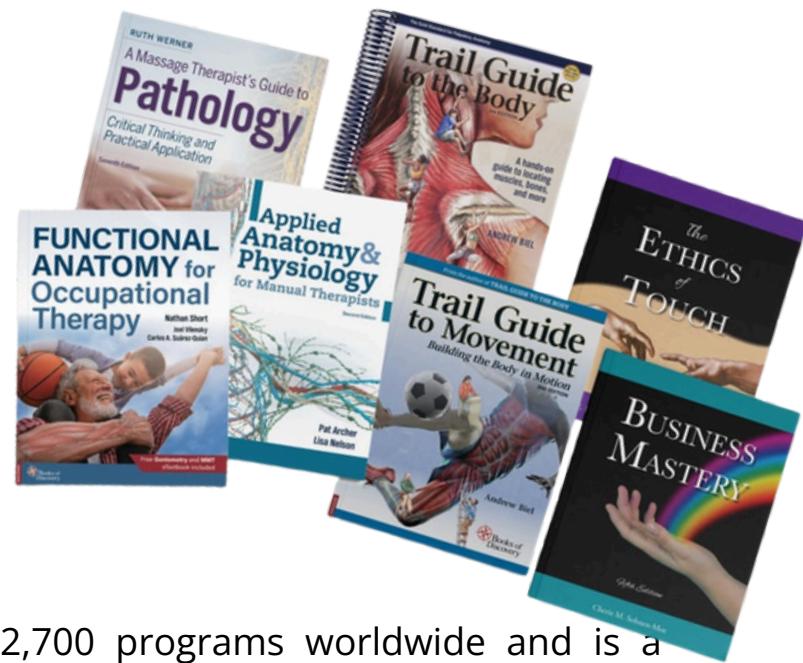
Ethics

Our ethics course is specifically designed for massage therapists. We concentrate on topics that are pertinent both within and beyond the treatment room. The insights gained during our twelve hours of ethics training are applied throughout our student clinic. We engage in discussions about ethical dilemmas that emerge during the student massage clinic during our Wednesday morning "coffee debriefs."

- No prerequisites required
- Textbook: Ethics of Touch
- Instructor: LeProwse



Books of Discovery



Books of Discovery supports over 2,700 programs worldwide and is a leading publisher of key manual therapy textbooks and resources in musculoskeletal anatomy, palpation, kinesiology, and more.

Empowering Manual Therapy Instructors and Students

Books of Discovery enhances classroom experiences and offers innovative ways to explore the human body, supporting both student learning and instructor development with a wide array of textbooks, study guides, and digital resources.

Embrace Digital Learning

In today's fast-paced educational landscape, digital learning is crucial. Our eTextbooks and digital resources provide a dynamic learning environment that meets educational goals and adapts to your needs.

Andrew Biel's *Trail Guide to the Body* is used by over **1,000,000** manual therapists, known for its exceptional care and palpative precision, and is the top textbook in US manual therapy programs, adopted by 91% of massage therapy programs.

The classes listed below all make use of these exceptional textbooks, in addition to *Business Mastery*, *Ethics of Touch*, and *Quick Reference to Trigger Points*, all mentioned earlier.

For additional details about these books, please visit:

Science Theory Classes

Anatomy & Physiology

This course provides a comprehensive examination of the human body, analyzing it from the inside out with detailed attention. It systematically covers each system, emphasizing their interrelationships and how they function together to maintain overall health and well-being. To further aid understanding of this complex subject, a companion workbook is included, offering additional exercises and insights for students to explore.

- Pre-requisite for *Applied Practices Classes*
- **Textbook: A Massage Therapist's Guide to A & P**
- Instructor: LeProwse

Hands on Anatomy

This course invites students to engage directly with the human body through practical exercises and visual aids. By focusing on the tactile and functional aspects of anatomy, students will gain a deeper appreciation for how each muscle group contributes to overall movement and health. The course encourages interactive learning, ensuring that students not only memorize anatomical structures but also understand their application in real-world scenarios, particularly in massage therapy.

- Pre-requisite for *Applied Practices Classes*
- **Book: Trail Guide to the Body with workbook**
- Instructor: LeProwse

Pathology

Our pathology class utilizes the recommended text from Books of Discovery, tailored specifically for massage therapists. The course includes both lectures and discussions, concentrating on the pathologies that are most frequently encountered in the treatment room.

- Pre-requisite for *Applied Practices Classes*
- **Textbook: Massage Therapist's Guide to Pathology**
- Instructor: LeProwse

Kinesiology

Our kinesiology course, aimed at massage therapists, examines body movement mechanics and how anatomy influences posture, balance, and functionality. It emphasizes hands-on learning through practical exercises, helping students understand muscle dynamics and joint operations. By integrating classroom instruction with interactive practice, students acquire essential skills for assessing and enhancing movement for their future careers.

- Pre-requisite for *Applied Practices Classes*
- **Textbook: Trail Guide to Movement**
- Instructor: LeProwse

Admission Requirements

There are three distinct steps to admission into Ascend Massage Academy:

- The Application (example on following page)
- Two letters of recommendation
- Formal interview with our Director

In order to be eligible to attend Ascend you must meet the state of Montana's requirements:

- 18+ years old
- High school diploma or equivalent
- No felonies

We are committed to fostering an inclusive environment where all individuals are treated with respect and dignity. Our organization does not discriminate based on race, gender, religion, nationality, age, disability, or sexual orientation. We believe that diversity strengthens our community and enhances our ability to achieve our goals. We strive to create an atmosphere where everyone feels valued and empowered to contribute their unique perspectives and talents.

Application for Admission

Personal Information

Full Name: _____

Address: _____

Phone Number: _____

Email: _____

Date of Birth: _____

Educational Background

Highest Level of Education Completed: _____

Institution Name: _____

Dates Attended: _____

Relevant Courses or Certifications: _____

Work Experience

Current or Most Recent Employer: _____

Position: _____

Personal Statement

Please provide a summary of why you are interested in pursuing a career in massage therapy and why you want to attend our program. (Attach additional pages or complete on back of application if necessary)

Letters of Recommendation

Please attach two letters of recommendation from professionals who can speak to your dedication, skills, and suitability for the massage therapy program.

Interview Availability

Please indicate your availability for a formal interview. (Select all that apply)

- Weekdays (Morning)
- Weekdays (Afternoon)
- Weekdays (Evening)
- Weekends (Morning)
- Weekends (Afternoon)
- Weekends (Evening)

Signature

I hereby certify that the information provided in this application is true and complete to the best of my knowledge. I understand that any false or misleading information may result in my disqualification from the program.

Signature: _____

Date: _____

Tuition

Pricing & Payment Plan

The tuition for this academic year is set at \$12,500, which encompasses the cost of books and some necessary supplies for school hours. A down payment of \$5,000 is required to secure your enrollment for classes starting in September. I strongly recommend making this payment as soon as possible, as I currently accept only eight students per year, and the down payment is due by August 1st. The remaining balance of \$7,500 can be divided into two installments: \$2,500 is due on December 1st, and \$5,000 is due on May 1st. Please note that, unfortunately, I am unable to accept financial aid at this time. Tuition is accepted in cash, check, or card. If using a card there will be a 5% fee.

Expenses

STUDENT SUPPLY LIST:

- Three-ring binder
- Binder dividers
- Loose-leaf paper or notebooks
- Writing materials (Colored pencils, pencils, pens, highlighters)
- Note cards
- Water bottle
- Headphones
- Snacks
- Scrubs
- Massage table set
- Yoga mat

Additionally, students are responsible for covering travel expenses, including fuel for mandatory field trips.

Student Services

Ascend is committed to fostering both the professional and personal growth of students. We offer a range of resources specifically designed for massage therapists to enhance their skills and knowledge.

Ascend encourages students to engage in mindfulness and self-care practices. We offer resources such as guided meditation sessions, stress management activities, and wellness retreats. These programs are designed to help massage therapists maintain their well-being, which is crucial for sustaining a long and fulfilling career.

Upon request, we can guide students to these and other essential resources to support their development, ensuring they have the tools and knowledge needed to excel in their careers and achieve personal growth.

Tuition Assistance

Student Scholarships | AMTA

Vocational Rehabilitation

Cancellation/Refund Policy

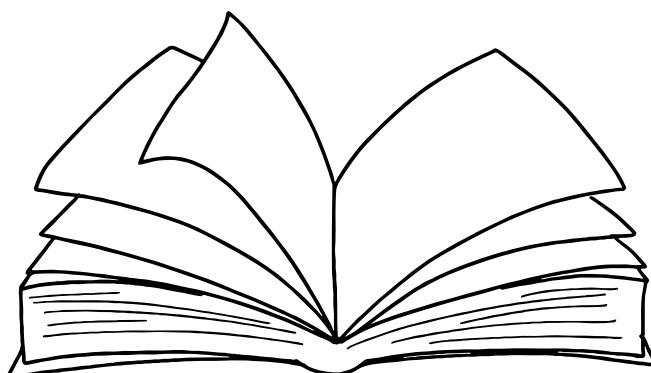
In the event that you submit your down payment and subsequently choose to withdraw your enrollment, Ascend will retain 50% of the required down payment, which amounts to \$2,500, as a withdrawal fee.

Once the program has commenced, the full tuition amount remains due regardless of whether you withdraw, are terminated due to misconduct, or experience any other circumstances that prevent you from completing the program.

Policies & Procedures

Academic Policy

Ascend Massage Academy requires cooperation from its members to maintain order and achieve educational goals. The Academy aims to help students become proficient in massage therapy and qualify for professional practice in Montana, adhering to state guidelines. Academic freedom is valued, promoting open discussion and debate, provided it aligns with the Academy's standards and policies. Additionally, upon admission to the program, students are required to review and sign a comprehensive copy of the academic policy. This document outlines all necessary materials, including guidelines on academic freedom, conduct expectations, and the procedures needed to successfully progress through the program.



Attendance Policy

A. GENERAL RULES:

- Students must arrive on time, in full uniform, and with necessary tools. Instructors may dismiss unprepared students.
- Physical attendance will be recorded.
- All classroom hours and assignments must be completed.

B. TARDINESS:

- Notify faculty by phone if absent or late
- Three grace tardies allowed; additional tardiness may result in delayed entry to class.
- Students must make up missed instructional time.

C. ABSENCES:

- All absences must be made up, including for illness or personal matters.
- A maximum of 5% (8 days) absence is allowed without penalties; emergencies allow up to 10%.
- A \$20 fee applies for make-up hours beyond the scheduled completion date.
- More than 10% absence may lead to withdrawal from the program; Leave of absence is circumstantial and may qualify for re-enrollment. 14 consecutive absences will prompt withdrawal.

D. MAKING UP HOURS:

- Missed time must be made up during designated hours with instructor approval.

Academic Progress

Program is taught in a sequential manner and requires students to complete each class before moving onto the next. Academic progress is measured by:

- Assessments
- Practical Exams
- Student & Instructor Feedback
- Participation & Completion

Our Books of Discovery courses are assessed and recorded through a testing/grading system called *ExamView*. For more information about *ExamView* please visit booksofdiscovery.com.

Graduation Standards

Graduation from Ascend Massage Academy requires the completion of all classes with an average of seventy percent or higher, or ultimately to the discretion of the instructor for practical exams. Students must complete all 625 hours of the program and pay their tuition in full to receive their sealed diploma.



Records and Transcripts

Transcripts are only shared with the student and the governing bodies for licensure and testing, emphasizing the importance of confidentiality in handling sensitive information. Students are given a copy of their transcripts upon graduation, ensuring that their personal academic records are protected and disclosed only to authorized parties.

TOP SECRET

FERPA Policy

Family Educational Rights and Privacy Act

The Family Educational Rights and Privacy Act (FERPA) is a federal law enacted in 1974 that protects the privacy of student education records. It applies to any public or private elementary, secondary, or post-secondary school. (<https://www.cdc.gov/phlp/php/resources/family-educational-rights-and-privacy-act-ferpa.html>)

Student Conduct

Students are expected to conduct themselves in a manner that upholds both professional ethical behavior and academic integrity. This includes being honest in their academic work, avoiding plagiarism, and respecting the intellectual property of others. Students should also engage respectfully with peers and faculty, demonstrating accountability and responsibility in their studies and interactions. These principles ensure a productive and fair learning environment for all.

Grievance Policy

Ascend Massage Academy's Grievance Policy provides a clear process for students to resolve issues fairly and promptly. Students are encouraged to submit grievances to the Grievance Officer, who will acknowledge the complaint within 5 business days and investigate it. A formal response will be provided within 30 business days. If unsatisfied, students can appeal to the School Director within 15 business days. Students may also reach out to the Montana Board of Massage Therapy if the issue remains unresolved. The policy ensures confidentiality and prohibits retaliation, with disciplinary action for violations.

Termination Policy

The violation of this Policy may result in dismissal from the Academy. If a student is dismissed for a violation of this Policy, A refund of one's tuition will not be returned and other actions may be brought against the student if the violation involves either criminal conduct or civil conduct which caused damage to either the Academy Property, Students, or Faculty. The Executive Director makes this decision to terminate a student.



COMTA Complaint Procedure Disclosure

Students and prospective students have the right to file a complaint with the Commission on Massage Therapy Accreditation (COMTA) if they believe the program is not in compliance with accreditation standards. Ascend Massage Academy maintains an internal complaint and grievance process, and students are encouraged to follow institutional procedures first; however, individuals may contact COMTA at any time.

Commission on Massage Therapy Accreditation (COMTA)
900 Commonwealth Place
Suite 200-331
Virginia Beach, VA 23464
(202) 888-6790 – office
info@comta.org
www.comta.org



Our Owner & Director

Lexie LeProwse, LMT.

Owner, President, Executive Director, Instructor, and janitor, establishing Ascend Massage Academy has been a dream realized, offering others the chance to grow and enhance their education. She connected with professionals nationwide to provide top-quality curriculum and resources. To her students—past, present, and future—she is grateful for their trust. It is a privilege to offer this trade schooling opportunity to Butte and its surrounding areas.

Lexie continually participates in education classes to enhance your academic experience. Completed classes include:

Using Exams to Properly Assess Your Students' Knowledge

Research-Based Concepts for Improving How Students Learn

Teaching Clinical Assessment Skills: The Opportunities and The Challenges

Elevating Your Students' Soft Skills and Professionalism

The Ethics of Information

Turn Your Passion for Teaching Into Student Success

Education that Connects: Expanding Student Networks

Teachers and The Right Use of Power in the Classroom

Essential Elements of Career Services

Basic Elements of Instructional Design

Relief Within Reach: Massage & Stress

Client's Perspective: Marketing, Policies & Ethics

Self-Care Fitness Principles for Massage Therapist

Key Elements of Effective Course Planning

Self-Care for Massage Therapists: Body Mechanics

Self-Care for Massage Therapists: Injury Prevention

Insurance Reimbursement and Massage Therapy



Our Instructors

Lou has over 2500 hours of training in kundalini tantra yoga and holds a Bachelor's degree in Business Administration from Colorado State University. She has pursued further education in Ayurveda, yoga, Reiki, somatic trauma coaching, and music. Lou is actively involved in community work, serving on the board of Vibrant Lives Wellness Academy in Dillon, Montana, and is organizing the Montana Business Collaborative initiative. Her education includes RYT-200 certification from World Family Conscious Yoga in India and RYT-300 from Yoga Farm in Ithaca, New York.

Kim Boyle

Eagle Woman Reiki



Lou Rae Bleck
Shift Inward with Lou Rae Yoga



My name Kim Doney- Boyle. I am a registered member of The Little Shell Chippewa-Cree of Montana. I have been a certified Reiki Master-Teacher since 1990. In my Reiki sessions I incorporate the the healing energies of plants, stones, feathers, drums, rattles and bowls. I have hosted a drumming circle since 1990 and a weekly women's group since 2018. I am also an artist specializing in jewelry and leather work

Trinity Coates, LMT.

Cresent Moon Massage

Trinity recently launched her practice, Crescent Moon Massage, following her graduation from Ascend Massage Academy in May 2024. Previously, she earned a bachelor's degree in Health and Human Performance and an Associate of Science from the University of Montana Western in April 2021. Additionally, Trinity obtained her yoga certification in July 2017 and currently teaches Hatha, Restorative, and Yin classes at Rooted Tribe Hot Yoga.



Tammy Garrison

Rooted Tribe Hot Yoga &



My deep passion lies within the health and wellness sector, which has inspired me to become a certified Holistic Practitioner. I hold certifications from The Institute of Integrative Nutrition, Sanoviv, Functional Nutrition Alliance, and Functional Diagnostic Nutrition. I enjoy helping individuals grasp the interconnectedness of the body, aiming to restore balance to the body, mind, and nervous system whenever there is metabolic chaos.

Dr. Kristin Grote is a chiropractor from Butte, Montana. She studied at the University of Montana for her undergraduate degree and earned her Doctorate of Chiropractic and BS in Human Biology at Northwestern Health Sciences in Bloomington, Minnesota in 2009. Dr. Kristin is certified in Webster Technique and has participated in numerous prenatal and pediatric specialization courses. She is also an IBCLC (board certified lactation consultant)

Kristin Grote, DC.
Rocky Mountain Chiropractic



Chrissy Hadley, LMT.
Whispering Willow Spa



Originally from Wisconsin, I moved to Butte in 2004, where I've raised three children. In 2014, during a massage, I decided to pursue a career in massage therapy. I graduated from HealthWorks Institute in 2015 and started my private practice while working part-time at Whispering Willows Spa & Massage. Three years later, I took over the contract for the spa, and my business partner and I have been running Whispering Willows Day Spa for six years. I also teach Ethics at Ascend Massage Academy and serve on the Montana Chapter Board for the American Massage Therapy Association as Secretary and Event Committee Chairperson.

Amy Lowney LMT, CST, RN-MSN

Prima Wellness

Amy, owner of Prima Natural Wellness, specializes in perinatal massage, infant craniosacral therapy, and adult craniosacral therapy. She draws on her experience as a pediatric and labor and delivery RN, as well as her background in prenatal yoga, childbirth education, and traditional postpartum doula education to provide the most holistic approach and care for her clients from conception through pregnancy, birth, postpartum, and well into motherhood.



Christine Trafford, LMT.



Christine Trafford is a licensed massage therapist and holistic bodywork therapist with over a decade of experience. She specializes in trauma-informed healing, integrating bodywork, somatic practices, and spiritual insight. Christine teaches at Ascend Massage Academy, focusing on CranioSacral Therapy and Integrative Practice, combining clinical knowledge with holistic philosophy. She also runs a private practice in Butte, Montana, offering CranioSacral therapy and energetic healing. Additionally, Christine founded a training program to help healthcare professionals develop integrative practices.

Student Resources

The bolded text below contains links for those using a digital version.

Ascend Massage Academy Website

Our site offers a summary of our program, additional information about our faculty, product recommendations, student clinic updates, and more.

American Massage Therapy Association

The Schools Resource Center supports massage therapy students throughout their education. The AMTA Schools Team offers resources to member schools including free liability insurance. There are several scholarship opportunities as well. Free online massage CE courses cover self-care, business, ethics, and teaching. AMTA also provides ethics resources to build trust in a therapeutic environment. This is also where you can find licensing requirements and regulatory services in other states.

Montana Massage Therapy Board

The Board of Massage Therapy strives to provide all pertinent and up-to-date information on this website concerning the licensure and regulation of Licensed Massage Therapists in Montana. Licensure requirements may differ in other states. Other local ordinances may apply.

Federation of State Massage Therapy Board

Committed to promoting health and wellness, the FSMTB supports the massage regulatory community. Explore our services for regulators, professionals, educators, and consumers.

Placement Services

Ascend assists students in discovering their perfect work setting by linking them with nearby spas, salons, chiropractic clinics, and other treatment facilities. This allows them to find a space to rent, own, or share with another massage therapist. While there are no guarantees of placement, we provide helpful guidelines and references!

Tutoring

Tutoring services are available for an extra fee at the instructor's discretion. Depending on the course, you have the option to select an instructor of your choice. Collaborating with fellow students is highly encouraged!